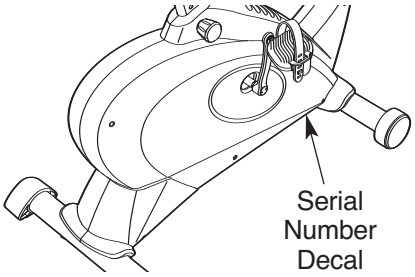
PRO-FORM®

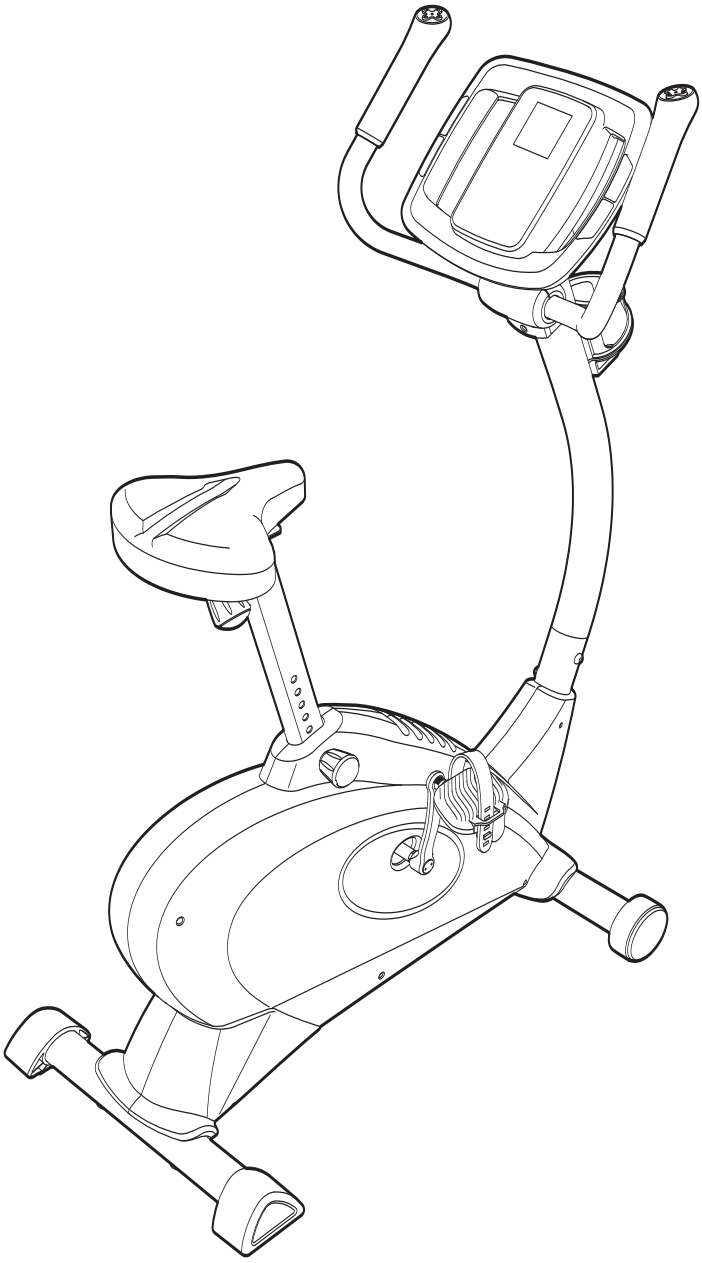
GameFit Bike

Model No. PFEVEX92407.0
Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG,
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

Visit our website at

www.iconeurope.com

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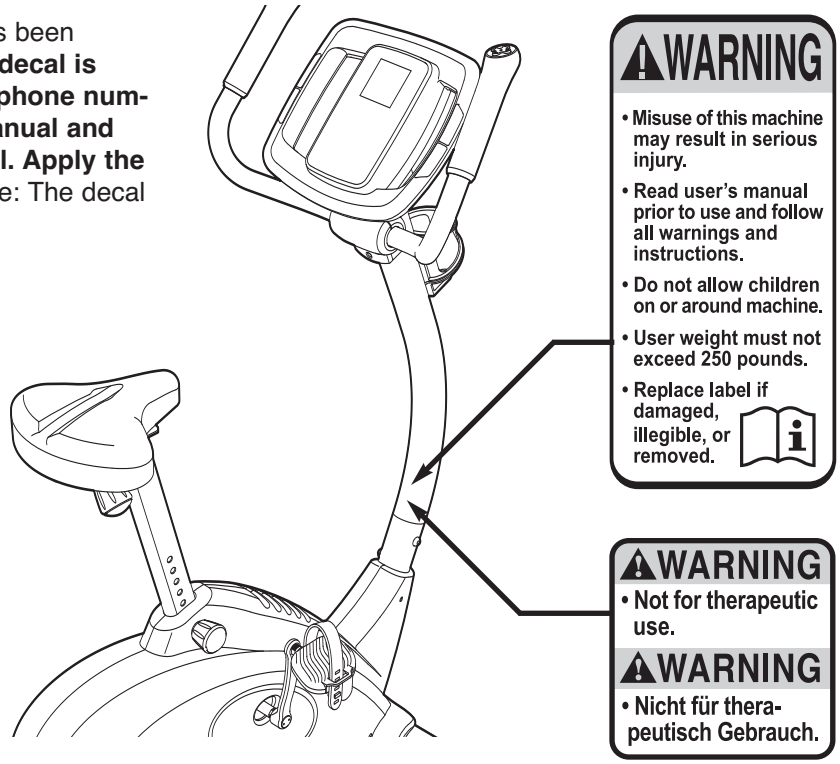
WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• User weight must not exceed 250 pounds.
• Replace label if damaged, illegible, or removed.
WARNING
• Not for therapeutic use.
WARNING
• Nicht für therapeutisch Gebrauch.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise cycle before using your exercise cycle. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

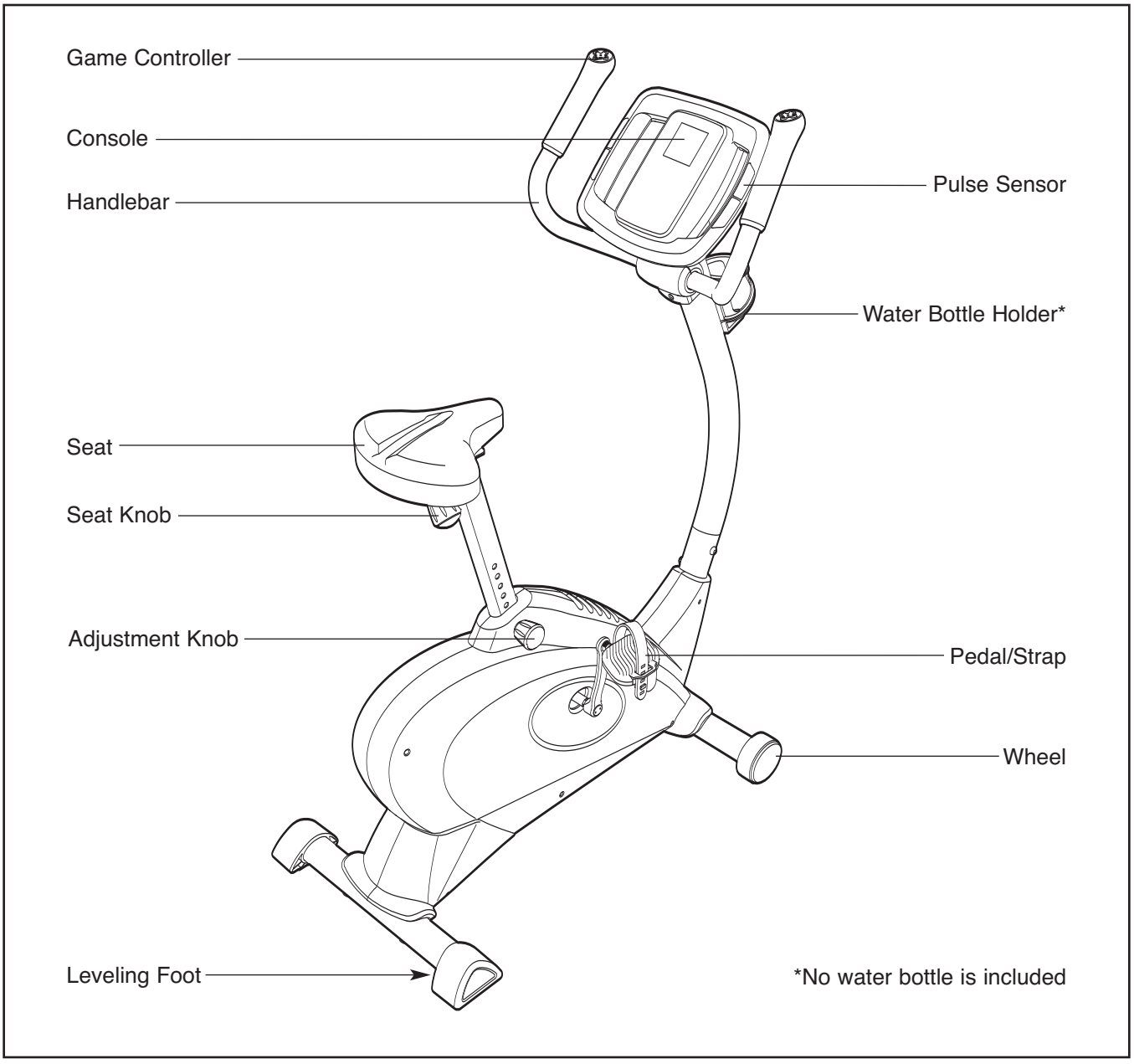
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.**
3. **Use the exercise cycle only as described in this manual.**
4. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.**
5. **The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**
6. **Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under the age of 12 and pets away from the exercise cycle at all times.**
9. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
10. **The exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).**
11. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
12. **Always keep your back straight while using the exercise cycle; do not arch your back.**
13. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® GAMEFIT BIKE exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The GAMEFIT BIKE exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

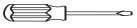
For your benefit, read this manual carefully before using the exercise cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts labeled in the drawing below.

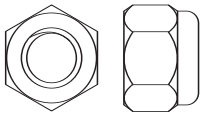


ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

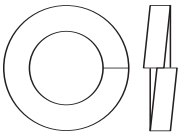
Assembly requires the included tools and your own adjustable wrench **and Phillips screwdriver**  **.**

Use the part drawings below to identify the small parts used in assembly. The number in parentheses below each drawing refers to the key number of the part, from the PART LIST near the end of this manual. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preattached.**

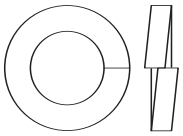


M8 Nylon Locknut (37)–4

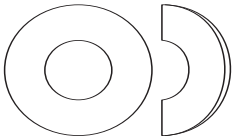
M8 Split Washer (36)–4



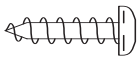
M10 Split Washer (34)–4



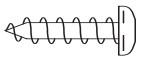
M10 Bright Split Washer (69)–3



Curved Washer (66)–2

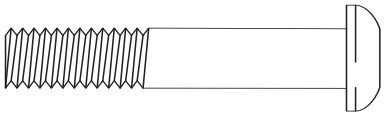


M4 x 15mm Bright Screw (15)–4

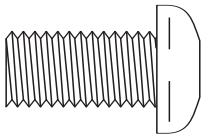


M4 x 15mm Screw (68)–7

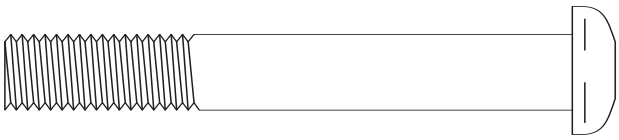
M6 x 8mm Screw (51)–2



M8 x 45mm Button Screw (67)–2



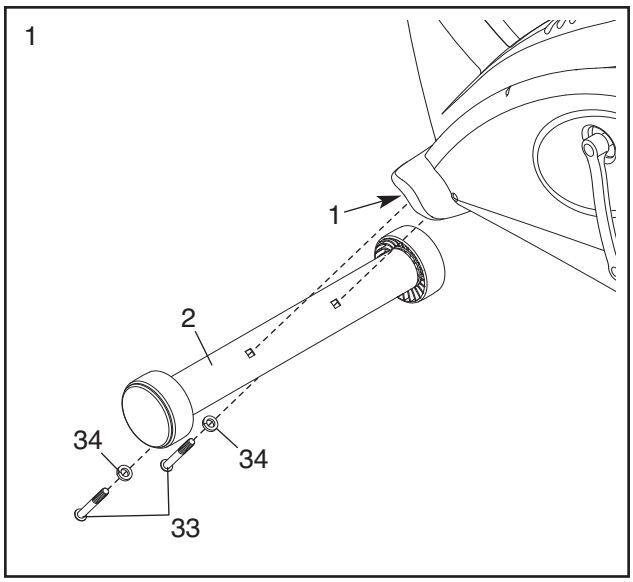
M10 x 20mm Button Screw (35)–3



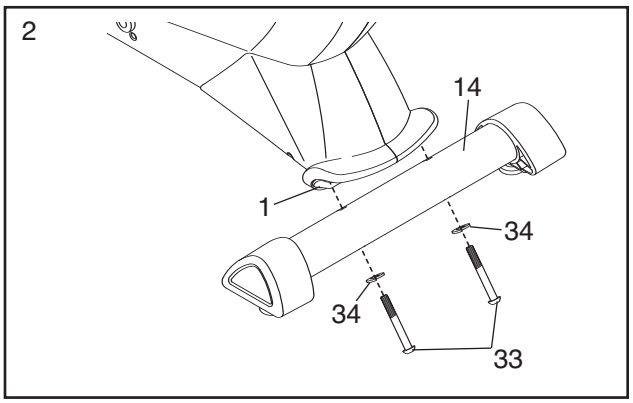
M10 x 73mm Button Screw (33)–4

1. **To make assembly easier, read the information on page 5 before you begin assembling the exercise cycle.**

Identify the Front Stabilizer (2), which has round wheels. While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 73mm Button Screws (33) and two M10 Split Washers (34).



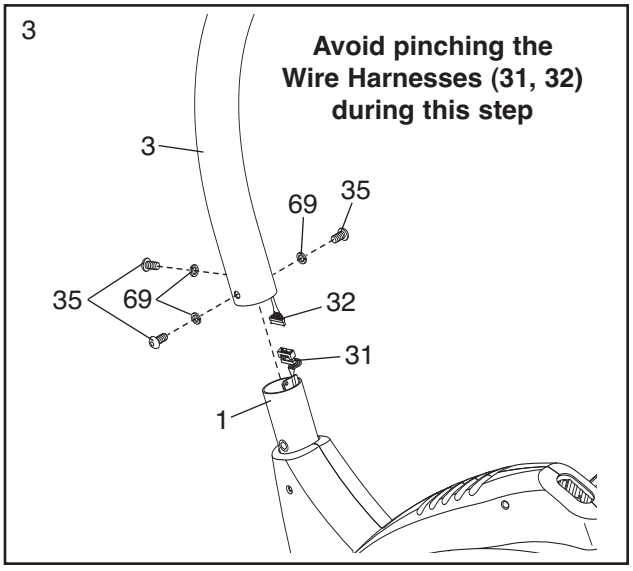
2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (14) to the Frame with two M10 x 73mm Button Screws (33) and two M10 Split Washers (34).



3. While another person holds the Upright (3) near the Frame (1), connect the Upper Wire Harness (32) to the Lower Wire Harness (31).

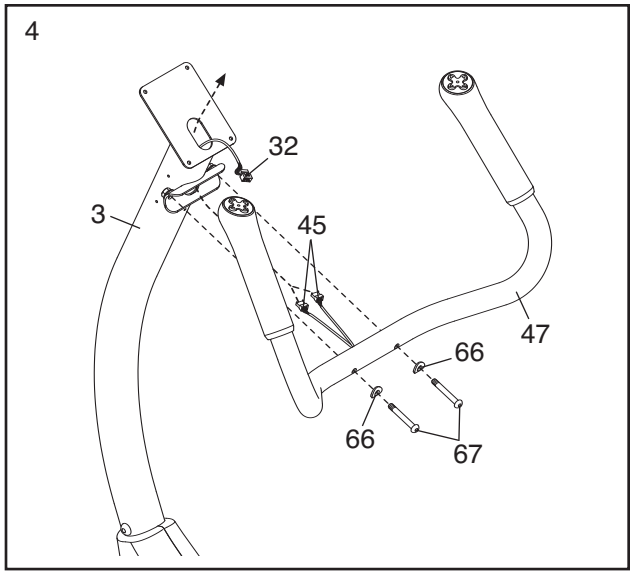
Gently pull the upper end of the Upper Wire Harness (32) to remove the slack, and slide the Upright (3) onto the Frame (1).

Tip: Avoid pinching the Wire Harnesses (31, 32) during this step. Attach the Upright (3) with three M10 x 20mm Button Screws (35) and three M10 Bright Split Washers (69).

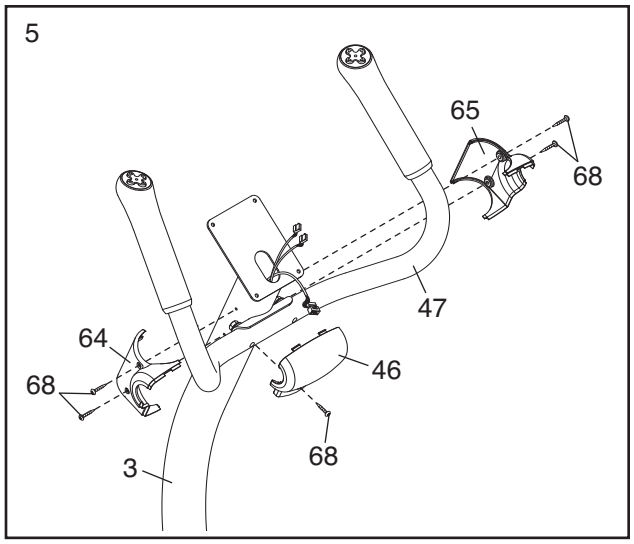


4. Orient the Handlebar (47) as shown. While a second person holds the Handlebar near the Upright (3), insert the Game Wires (45) into the front of the Upright and pull them upward out of the top of the Upright. **Tip: Use an elastic band or a piece of tape to prevent the Game Wires and the Upper Wire Harness (32) from falling down into the Upright.**

   Attach the Handlebar (47) to the Upright (3) with two M8 x 45mm Button Screws (67) and two Curved Washers (66).

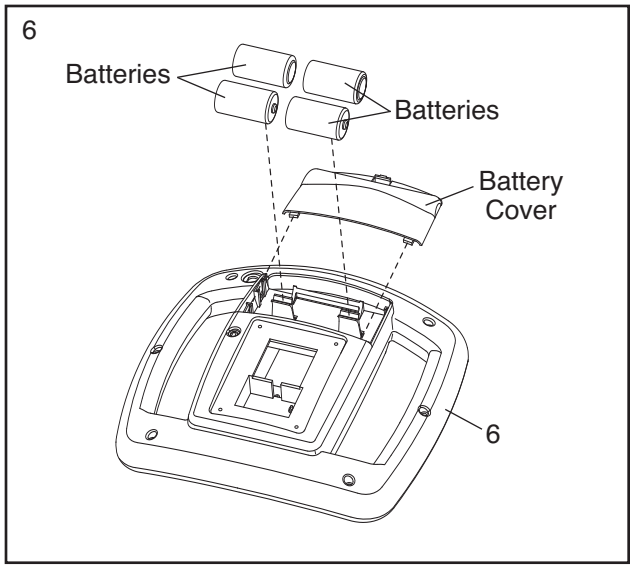


5. Attach the Left and Right Handlebar Covers (64, 65) and the Rear Handlebar Cover (46) around the Upright (3) and the Handlebar (47) with five M4 x 15mm Screws (68).



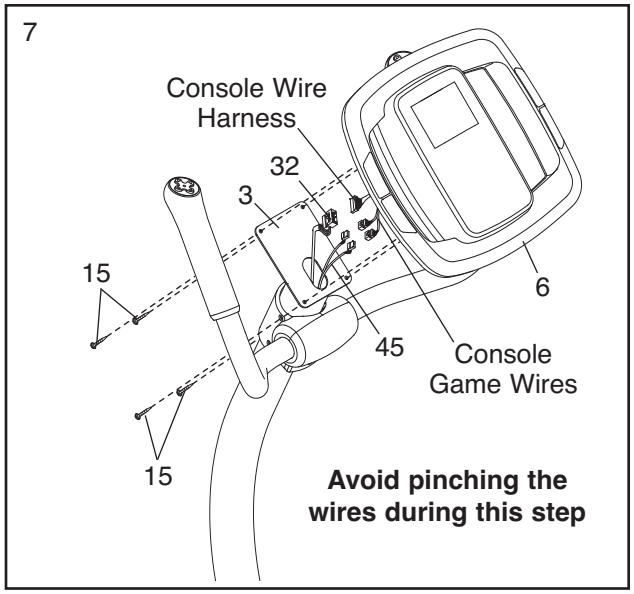
6. The Console (6) can be operated with four “D” batteries; alkaline batteries are recommended. Press the tab on the battery cover and remove the battery cover. Insert four batteries into the console; **make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

   Note: The Console (6) can also be operated with an optional power supply instead of batteries. **To purchase a power supply, call the telephone number on the front cover of this manual.** Plug one end of the power supply into the jack on the console. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

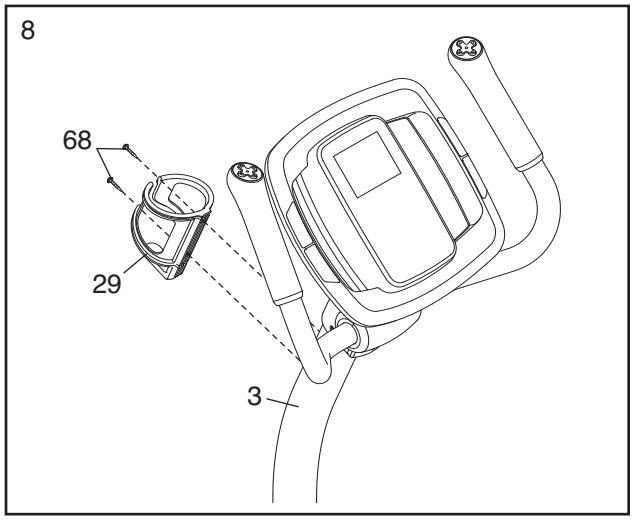


7. While another person holds the Console (6) near the Upright (3), connect the console wire harness to the Upper Wire Harness (32). Next, connect the console game wire marked with a tag to the Game Wire (45) marked with a tag. Then, connect the other console game wire to the other Game Wire.

   Tip: Avoid pinching the wires during this step. Insert the excess wires downward into the Upright (3). Attach the Console (6) to the Upright with four M4 x 15mm Bright Screws (15).

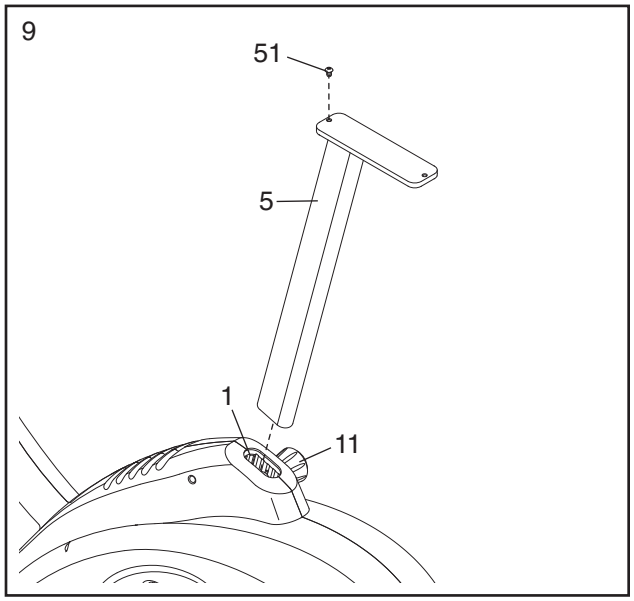


8. Attach the Water Bottle Holder (29) to the Upright (3) with two M4 x 15mm Screws (68).



9. Orient the Seat Post (5) as shown. Loosen the Adjustment Knob (11) a few turns, pull the Adjustment Knob outward, and insert the Seat Post into the Frame (1). Move the Seat Post upward or downward to the desired position, and then release the Adjustment Knob into one of the adjustment holes in the Seat Post. Then, tighten the Adjustment Knob a few turns. **Make sure that the Adjustment Knob is engaged in an adjustment hole.**

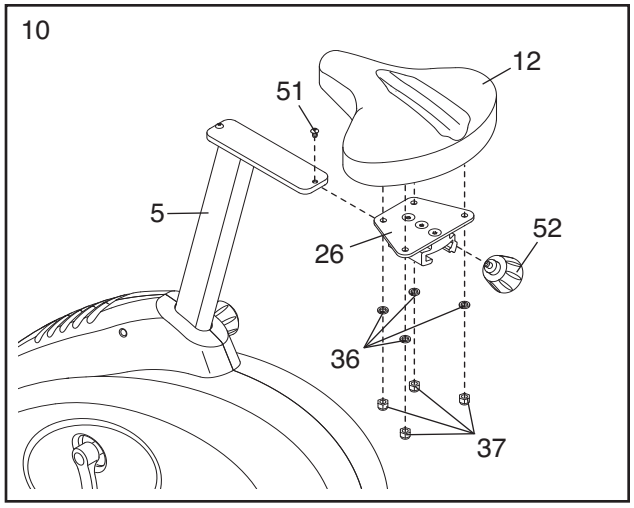
   Attach an M6 x 8mm Screw (51) to the front of the Seat Post (5).



10. Orient the Seat (12) and the Seat Carriage (26) as shown. Attach the Seat to the Seat Carriage with four M8 Nylon Locknuts (37) and four M8 Split Washers (36). **Note: The Seat Carriage, Nylon Locknuts, and Split Washers may be preattached to the underside of the Seat.**

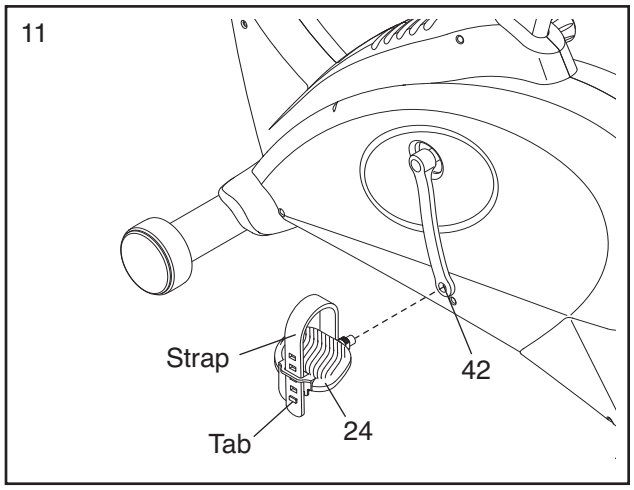
    Slide the Seat Carriage (26) onto the Seat Post (5) and move the Seat Carriage forward or backward to the desired position. Then, tighten the Seat Knob (52) into the Seat Carriage.

    Attach an M6 x 8mm Screw (51) to the rear of the Seat Post (5).



11. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (42). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm (not shown). **IMPORTANT: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

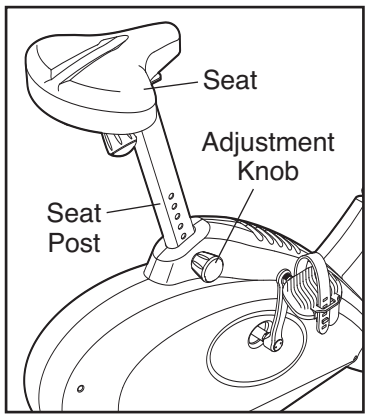
    Adjust the strap on the Left Pedal (24) to the desired position, and press the end of the strap onto the tab on the side of the Left Pedal. Adjust the strap on the Right Pedal (not shown) in the same way.



12. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

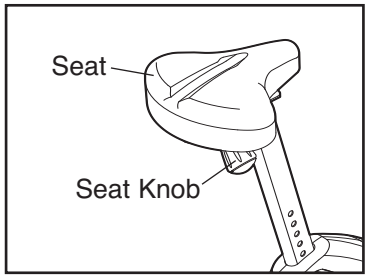
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE HEIGHT OF THE SEAT



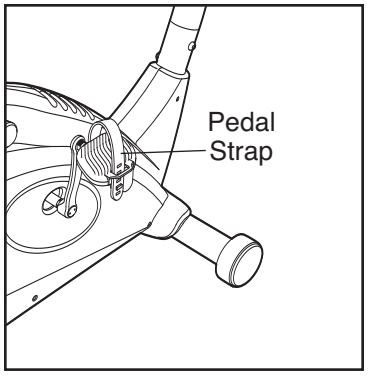
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the seat, first turn the adjustment knob counterclockwise several turns to loosen it. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, turn the knob clockwise to tighten it.

HOW TO ADJUST THE LATERAL POSITION OF THE SEAT



To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.

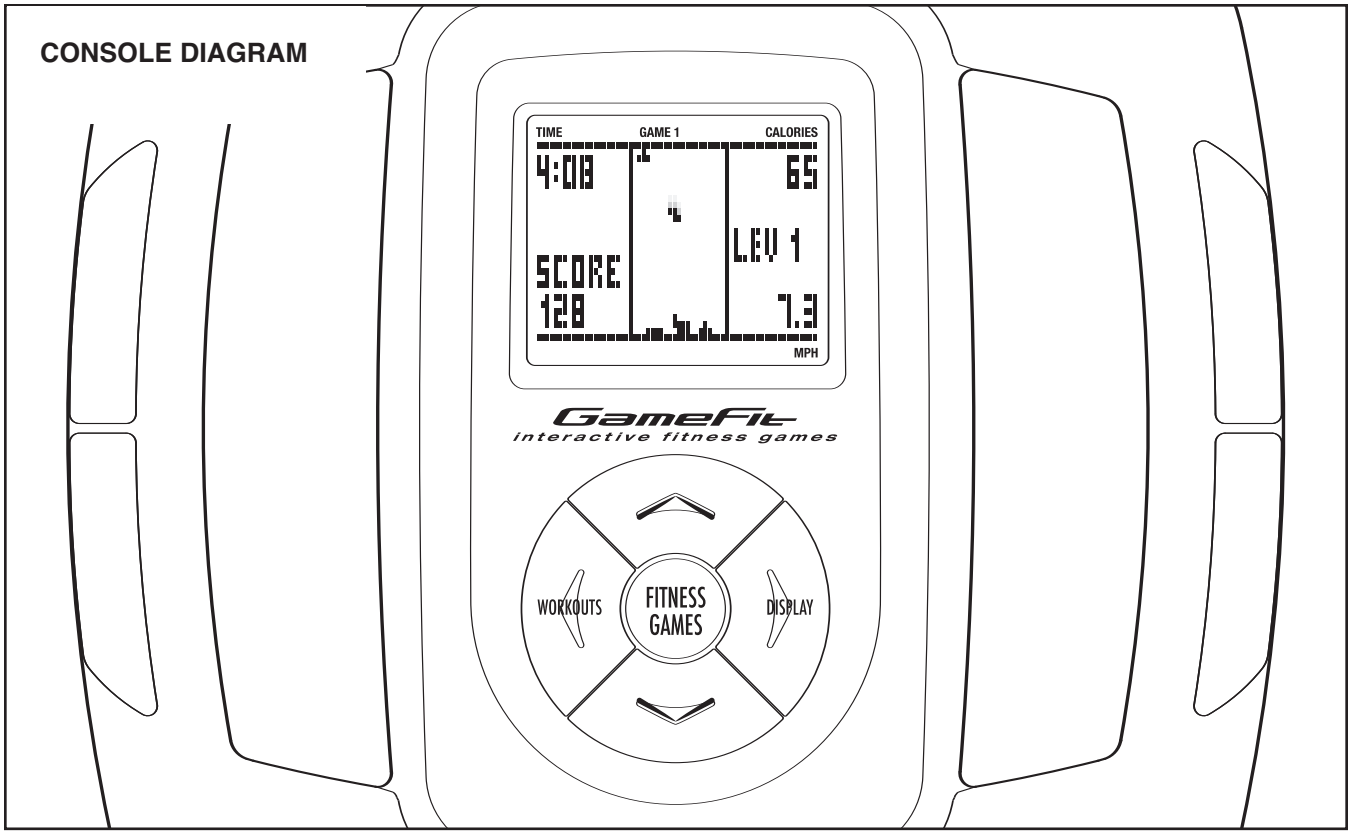
HOW TO ADJUST THE PEDAL STRAPS



To adjust the pedal straps, first pull the ends of the pedal straps off the tabs on the pedals. Adjust the pedal straps to the desired position, and then press the ends of the pedal straps onto the tabs.

HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks slightly on your floor, turn one or both of the leveling feet under the rear stabilizer.



FEATURES OF THE CONSOLE

The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

Smart Workouts

The console offers ten smart workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout. You can also adjust the intensity level of each smart workout.

Interactive Games

The console also features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater the advantage you will have! The console keeps track of the four highest scores for each game—compete with other users or try to top your own high score.

To use the manual mode of the console, follow the steps beginning on page 12. **To use a smart workout,** see page 13. **To play the Fat Blocker game,** see page 15. **To play the Calorie Destroyer game,** see page 16.

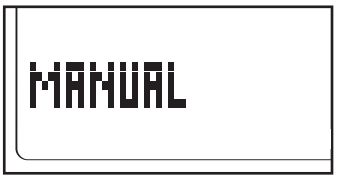
HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the manual mode.**

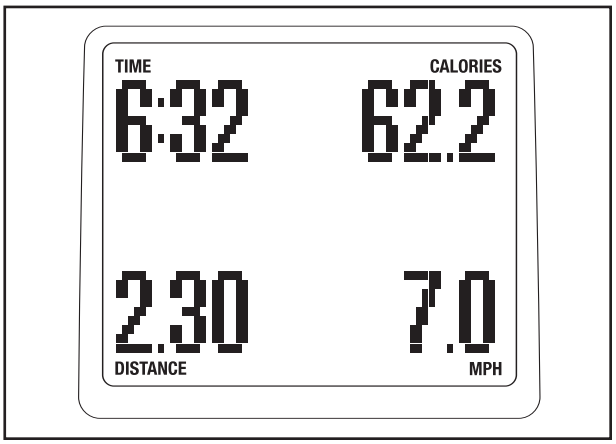
   Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Workouts button repeatedly until the word MANUAL appears in the lower left corner of the display.

3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the increase and decrease buttons repeatedly. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The upper left corner of the display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

   The lower left corner of the display will show the distance you have pedaled, in miles or kilometers.

   The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 13).

   The lower right corner of the display will show your pedaling pace in miles or kilometers per hour.

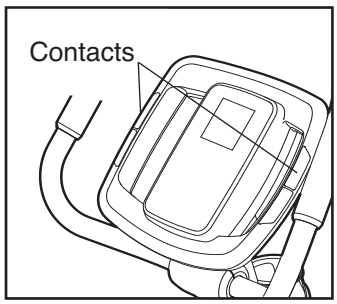
   The center of the display will show the resistance setting of the pedals for a few seconds each time the resistance setting changes.

   You can also view selected information at a larger size. Press the Display button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Display button again to view all information.

   The console has three backlight options. The “On” option keeps the backlight on while the console is on. To conserve the batteries, the “Auto” option keeps the backlight on only while you are pedaling. The “Off” option turns the backlight off. To select a backlight option, first press and hold down the Workouts button for several seconds until the word BACKLIGHT appears in the display. Next, press the increase button to select the desired backlight option. Then, press the Workouts button to save your selection.

The console can show speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the display to show which unit of measurement is selected. To change the unit of measurement, first press and hold down the Workouts button for several seconds until the word ENGLISH or METRIC appears in the display. Next, press the decrease button to select the desired unit of measurement. Then, press the Workouts button to save your selection.

5. **Measure your heart rate if desired.**



If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**

When your pulse is detected, one, two, or three dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished exercising, the console will turn off automatically.**

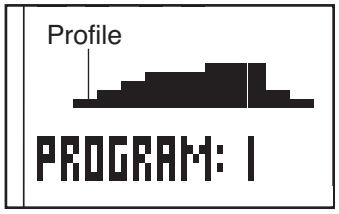
If the pedals do not move for several seconds, a tone will sound and the console will pause. If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A SMART WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

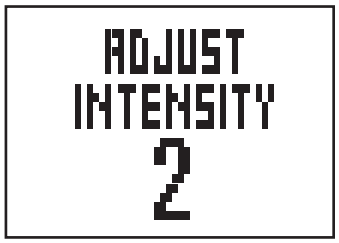
A moment after you begin pedaling or press a button, the display will light.

2. **Select a smart workout.**



To select one of the ten smart workouts, press the Workouts button repeatedly until PROGRAM 1, 2, 3, 4, 5, 6, 7, 8, 9, or 10 appears in the display. The workout time and a profile of the resistance settings for the workout will also appear in the display.

3. **Adjust the intensity level if desired.**



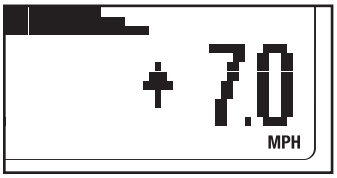
A few seconds after you select a smart workout, the words ADJUST INTENSITY will appear in the display. To increase or decrease the overall intensity level of the workout, press the increase and decrease buttons. The resistance levels of all the segments in the workout will then increase or decrease proportionately.

4. **Begin pedaling to start the workout.**

Each workout is divided into either 20 or 30 one-minute segments. One resistance setting and one target speed setting are programmed for each segment. Note: The same resistance setting and/or target speed setting may be programmed for consecutive segments.

The resistance setting and the target speed setting for the first segment will appear in the center of the display for a few seconds. The resistance setting will then be indicated by the height of the flashing column of the profile in the display. The resistance settings for the next several segments will be indicated by the heights of the columns to the right of the flashing column.

When the first segment of the workout ends, the resistance setting and the target speed setting for the second segment will appear in the center of the display for a few seconds to alert you. The entire profile will then shift one column to the left, and the pedals will automatically adjust to the resistance setting for the second segment.



As you exercise, you will be prompted to keep your pedaling pace near the target speed setting for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.

IMPORTANT: The target speed settings are intended only to provide motivation. Your actual pace may be slower than the target speed settings. Make sure to exercise at a pace that is comfortable for you.

If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the increase and decrease buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance setting for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

5. **Follow your progress with the display.**

   See step 4 on page 12.

6. **Measure your heart rate if desired.**

   See step 5 on page 13.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 13.

HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. You will use the four-button game controllers on the handlebars to play the game. Follow the steps below to play the Fat Blocker game.

1. **Begin pedaling or press any button on the console to turn on the console.**

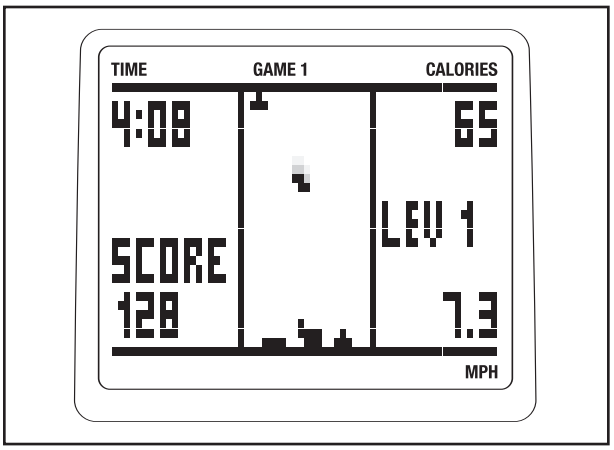
   A moment after you begin pedaling or press a button, the display will light.

2. **Select the Fat Blocker game.**

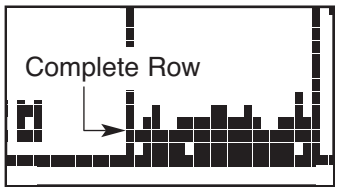
   To select the Fat Blocker game, press the Fitness Games button repeatedly until the words FAT BLOCKER appear at the top of the display.

3. **Press a button on either controller to start the game.**

   When you start the Fat Blocker game, a game arena will appear in the center of the display.



A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. Blocks come in eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.



Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena. Each time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.

As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4. **Follow your progress with the display.**

   While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

   To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the words FAT BLOCKER appear at the top of the display, and then press a button on either controller.

5. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 13.

HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. You will use the four-button game controllers on the handlebars to play the game. Follow the steps below to play the Calorie Destroyer game.

1. **Begin pedaling or press any button on the console to turn on the console.**

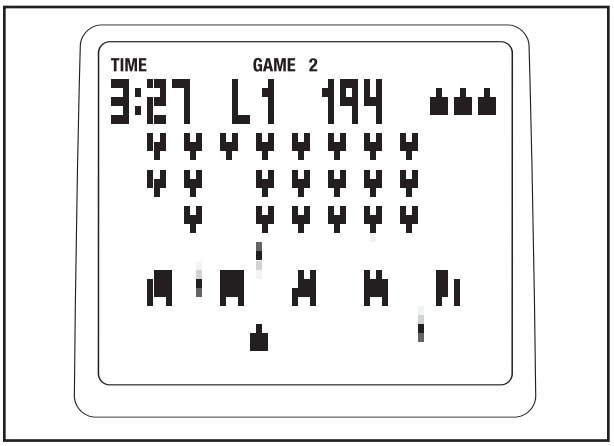
   A moment after you begin pedaling or press a button, the display will light.

2. **Select the Calorie Destroyer game.**

   To select the Calorie Destroyer game, press the Fitness Games button repeatedly until the word DESTROYER appears at the top of the display.

3. **Press a button on either controller to start the game.**

   When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.



   At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

   Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

   Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

   As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

   When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4. **Follow your progress with the display.**

   While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

   To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the word DESTROYER appears at the top of the display, and then press a button on either controller.

5. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 13.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

PULSE SENSOR TROUBLESHOOTING

For optimal performance of the pulse sensor, keep the metal contacts clean. Clean the contacts with a soft cloth—**never use alcohol, abrasives, or chemicals.**

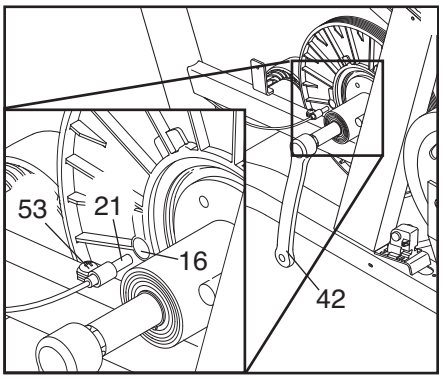
Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings. For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the left pedal and the left side shield must be removed.

Using an adjustable wrench, turn the left pedal clockwise and remove the left pedal.

Remove the screws from the left side shield. Note: There are two different sizes of screws in the left side shield. **Make sure to note the location of each screw**. Then, carefully pry the left side shield away from the exercise cycle.



Next, locate the Reed Switch (21). Turn the Left Crank Arm (42) until the Magnet (16) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M5 x 12mm Screw (53). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank Arm for a moment. Repeat until the console displays correct feedback.

When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 6 on page 7.

HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks slightly on your floor, turn one or both of the leveling feet under the rear stabilizer.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

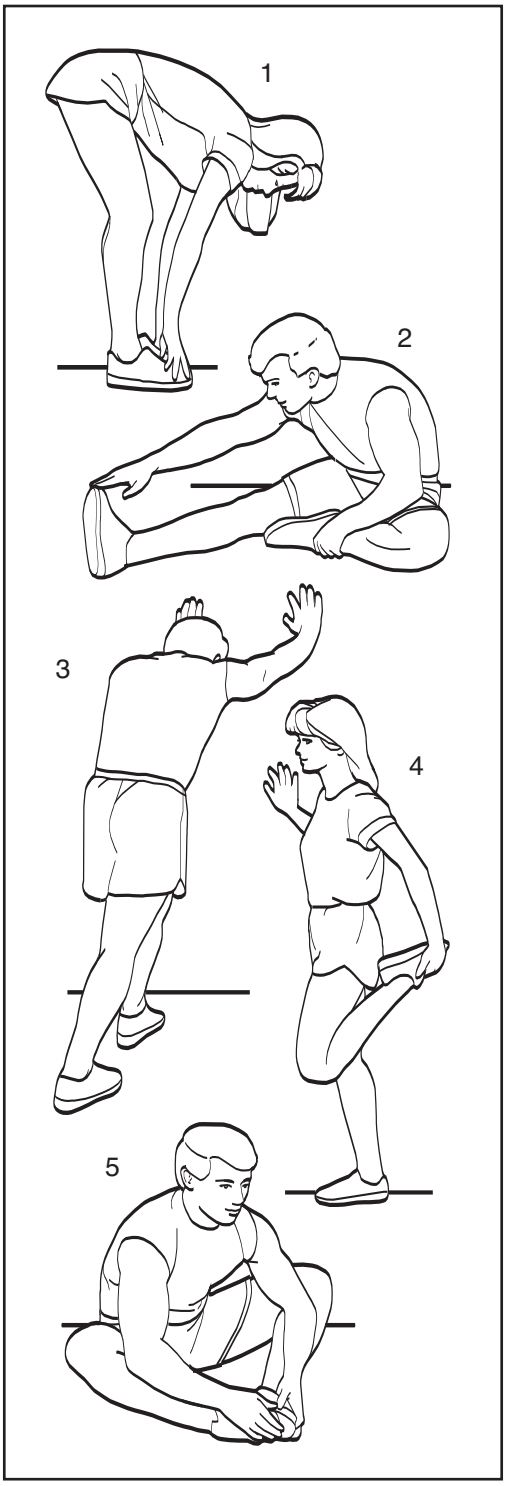
Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

NOTES

NOTES

PART LIST—Model No. PFEVEX92407.0

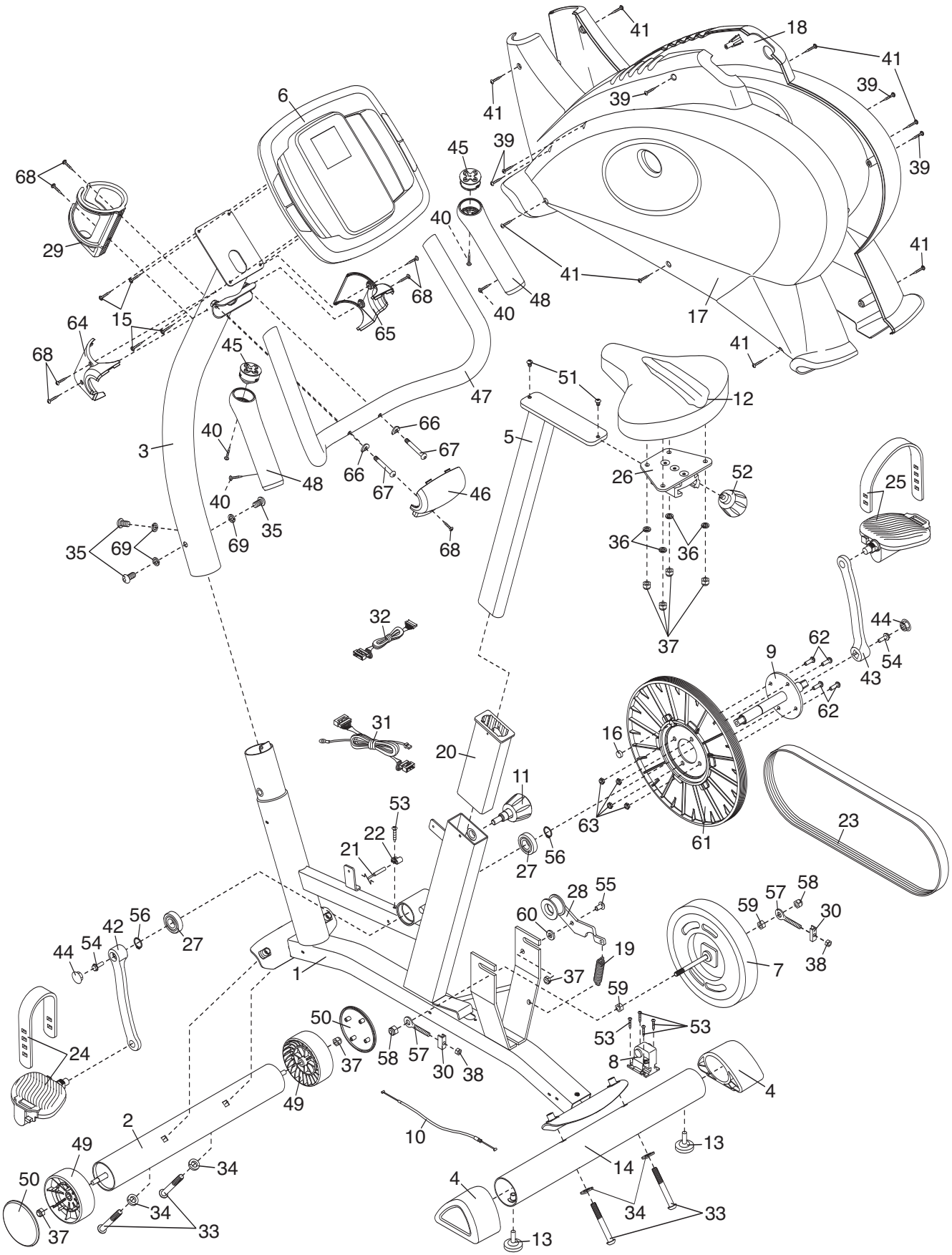
R1207A

Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Upright
4	2	Endcap
5	1	Seat Post
6	1	Console
7	1	Eddy Mechanism
8	1	Resistance Motor
9	1	Crank
10	1	Resistance Cable
11	1	Adjustment Knob
12	1	Seat
13	2	Foot
14	1	Rear Stabilizer
15	4	M4 x 15mm Bright Screw
16	1	Magnet
17	1	Left Side Shield
18	1	Right Side Shield
19	1	Spring
20	1	Seat Post Bushing
21	1	Reed Switch/Wire
22	1	Clamp
23	1	Belt
24	1	Left Pedal/Strap
25	1	Right Pedal/Strap
26	1	Seat Carriage
27	2	Crank Bearing Set
28	1	Idler
29	1	Water Bottle Holder
30	2	Bracket
31	1	Lower Wire Harness
32	1	Upper Wire Harness
33	4	M10 x 73mm Button Screw
34	4	M10 Split Washer
35	3	M10 x 20mm Button Screw
36	4	M8 Split Washer
37	7	M8 Nylon Locknut
38	2	M6 Nut
39	5	M4 x 25mm Screw
40	4	M4 x 12mm Screw
41	8	M5 x 20mm Screw
42	1	Left Crank Arm
43	1	Right Crank Arm
44	2	Crank Cover
45	2	Game Controller/Wire
46	1	Rear Handlebar Cover
47	1	Handlebar
48	2	Game Grip
49	2	Wheel
50	2	Hub Cap
51	2	M6 x 8mm Screw
52	1	Seat Knob
53	5	M5 x 12mm Screw
54	2	5/16" x 1" Flange Screw
55	1	M8 x 20mm Bolt
56	2	Snap Ring
57	2	Eye Bolt
58	2	3/8" Nut
59	2	Flywheel Nut
60	1	M8 Washer
61	1	Pulley
62	4	M6 x 16mm Screw
63	4	M6 Nylon Jamnut
64	1	Left Handlebar Cover
65	1	Right Handlebar Cover
66	2	Curved Washer
67	2	M8 x 45mm Button Screw
68	7	M4 x 15mm Screw
69	3	M10 Bright Split Washer
*	–	Assembly Tool
*	–	User's Manual
*	–	Hex Key

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. PFEVEX92407.0

R1207A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

Part No. 258706 R1207A

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